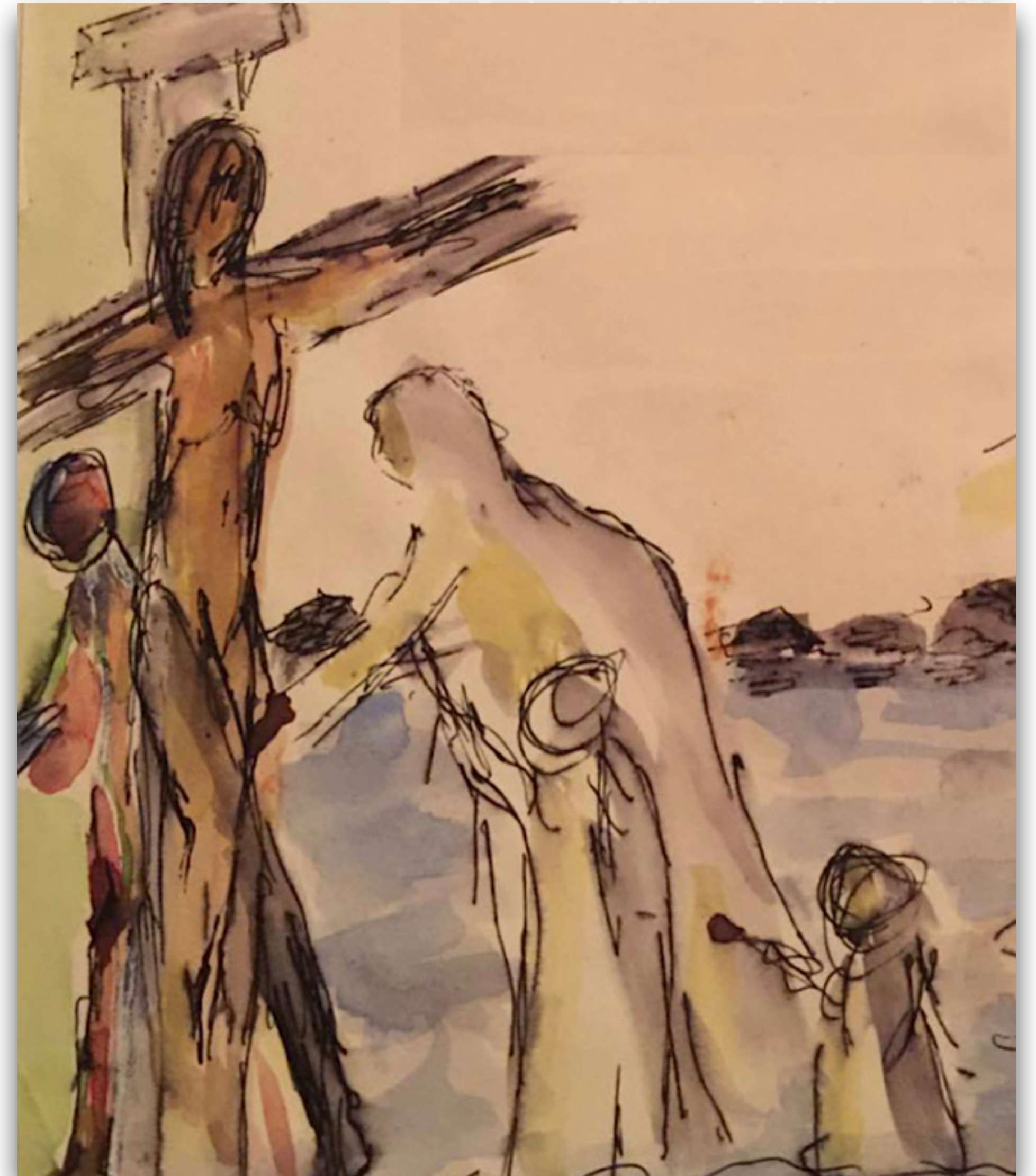


Journey with Jesus

Praying through the Gospel of Mark

Station 16 - go in peace and be freed



Lord, help me enter into that peace
which consists in
having put my life in your hands.

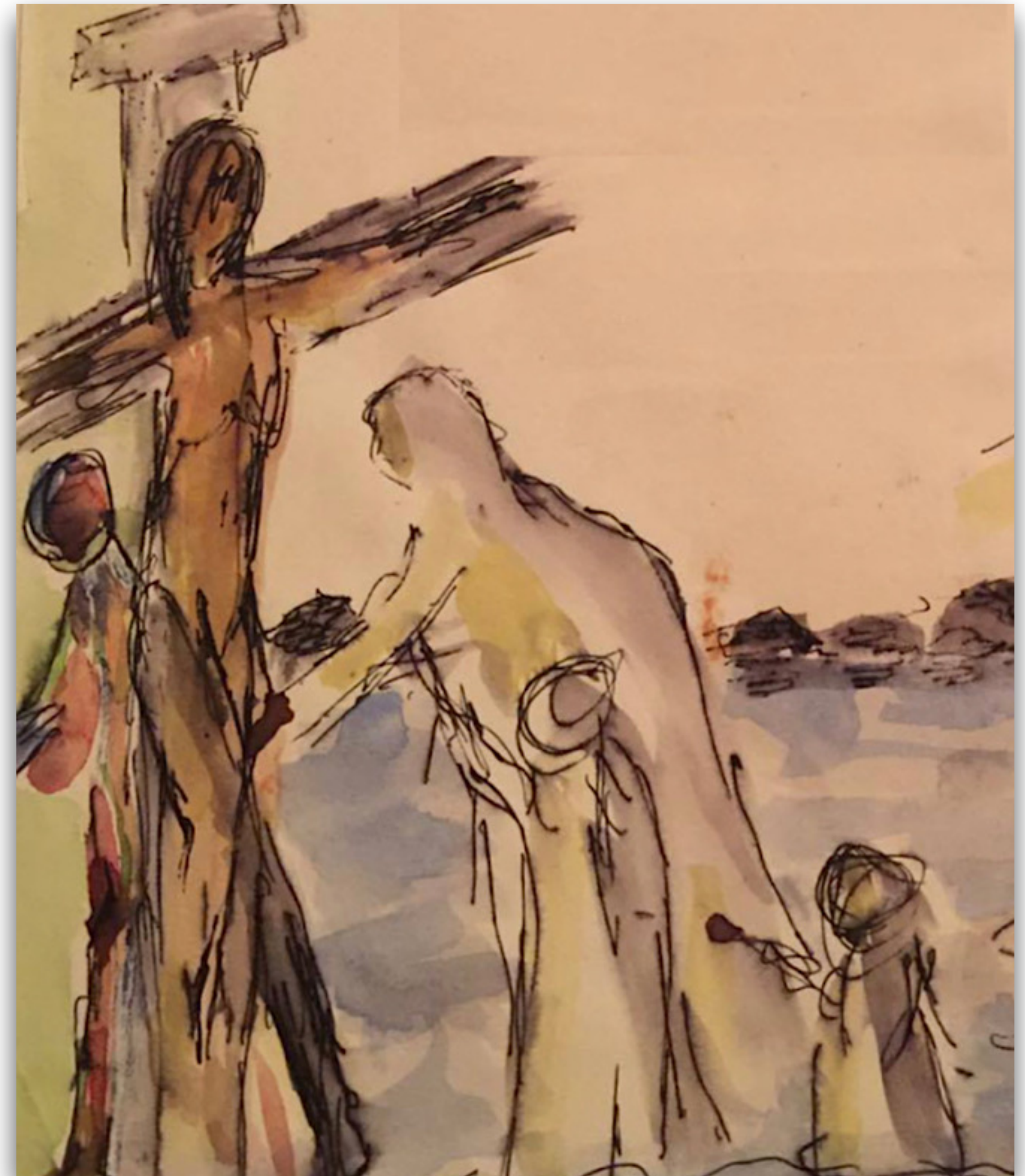
Carlo Maria Martini SJ



- Find a place to sit quietly.
- Sit in a relaxed position
 - Become aware of your feet on the floor.
 - Notice your legs. Tense and relax your muscles. In the same way notice the rest of your body, bit by bit. Tense and relax.
 - Lastly focus on your face and head muscles. Tense and relax.
 - Scan your body.
 - Notice any points of remaining tension. Tense and relax.
 - Let any remaining tension go.
 - Come to a place of rest.
- Be aware of God's loving eyes watching over you.
- As we Journey with Jesus ask God for the grace to notice his presence with you in all things.

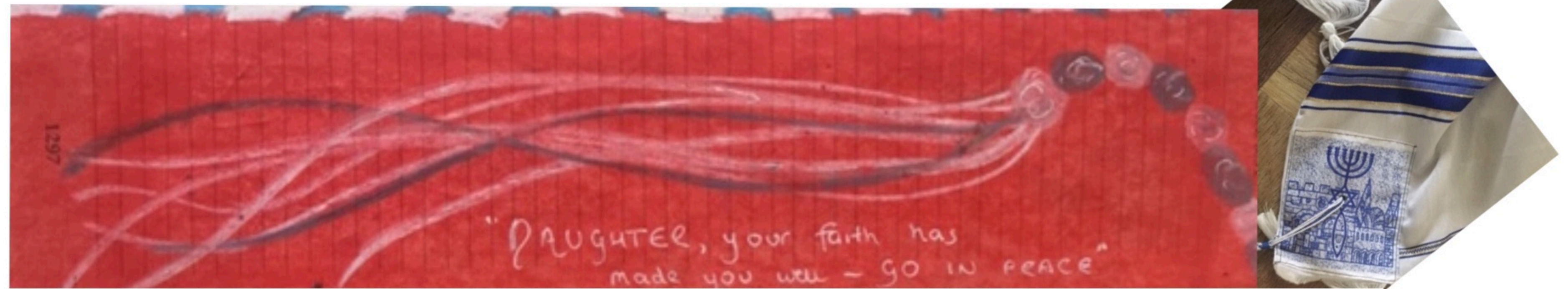


➤ You might like to listen to this version
of God I Look to You.



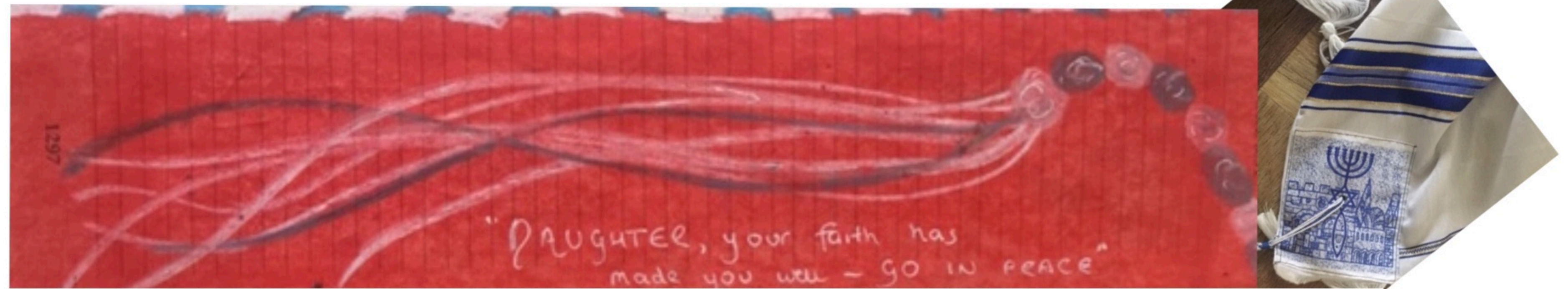
Read this passage from Mark chapter 5. What words or phrases strike you?

A large crowd followed and pressed around him. And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, "If I just touch his clothes, I will be healed." Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. At once Jesus realised that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?" "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?'" But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."



Read these words from Mark chapter 5 again slowly.
Stay with one of the words or phrases that catches you and hold it in the stillness before God.

A large crowd followed and pressed around him. And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, "If I just touch his clothes, I will be healed." Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. At once Jesus realised that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?" "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?' " But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."



Close your eyes and imagine yourself in the story.

You might like to be a bystander, one of the disciples or the woman herself.

This woman had suffered for 12 years.

She had spent all her money.

She was getting worse.

She was 'unclean' and unable to meet for worship or with others.

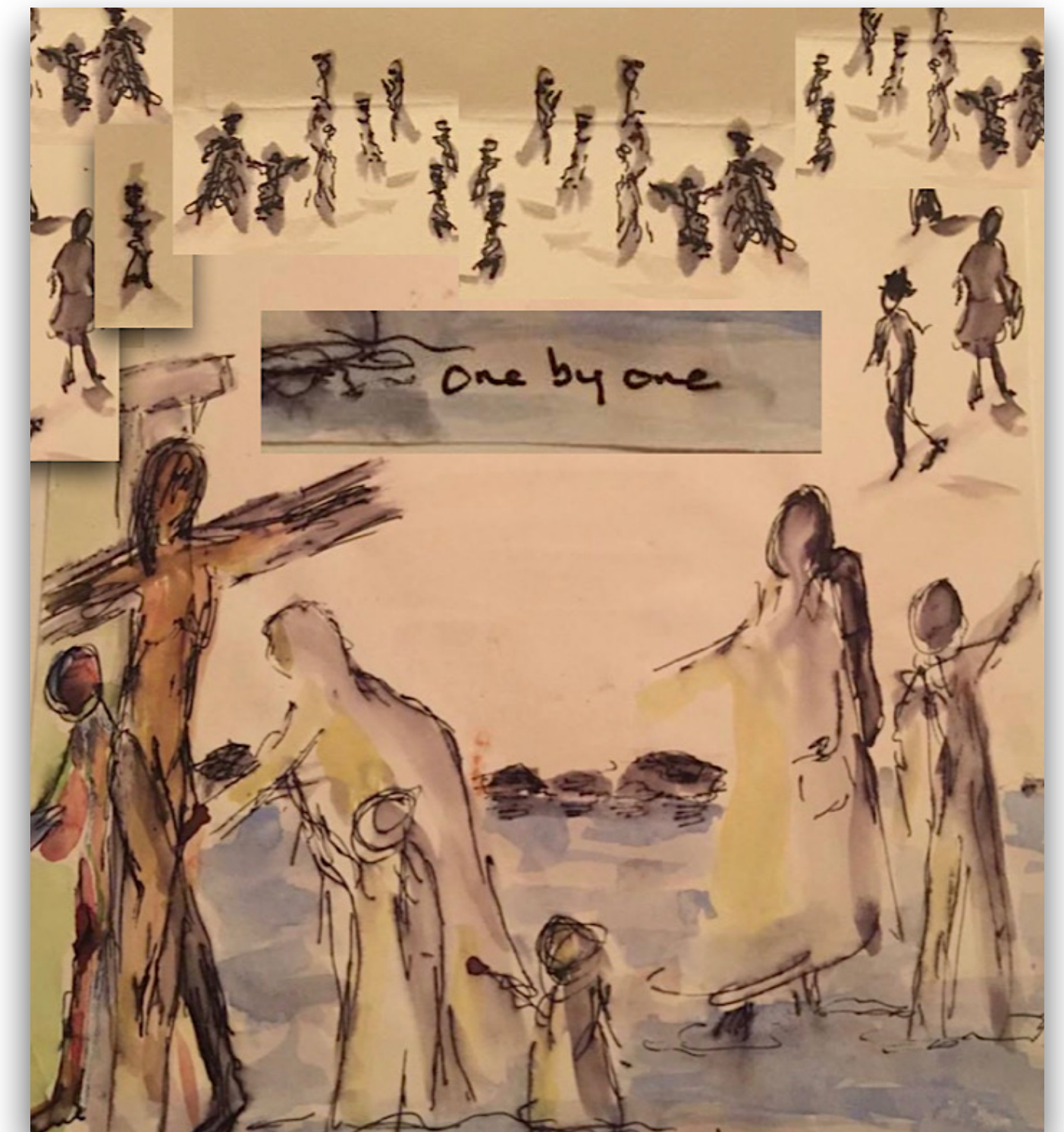
Jesus says to her go in peace and be freed from your suffering.

What areas of suffering in your life do you want to bring to Jesus?

What does he say to you?

As you pray you might like to listen to this version of Be Thou My Vision sung by Nathan Pacheco

You might also like to listen to Misha Maisky play Bach Cello Suite No. 1 in G.



Creative prayer

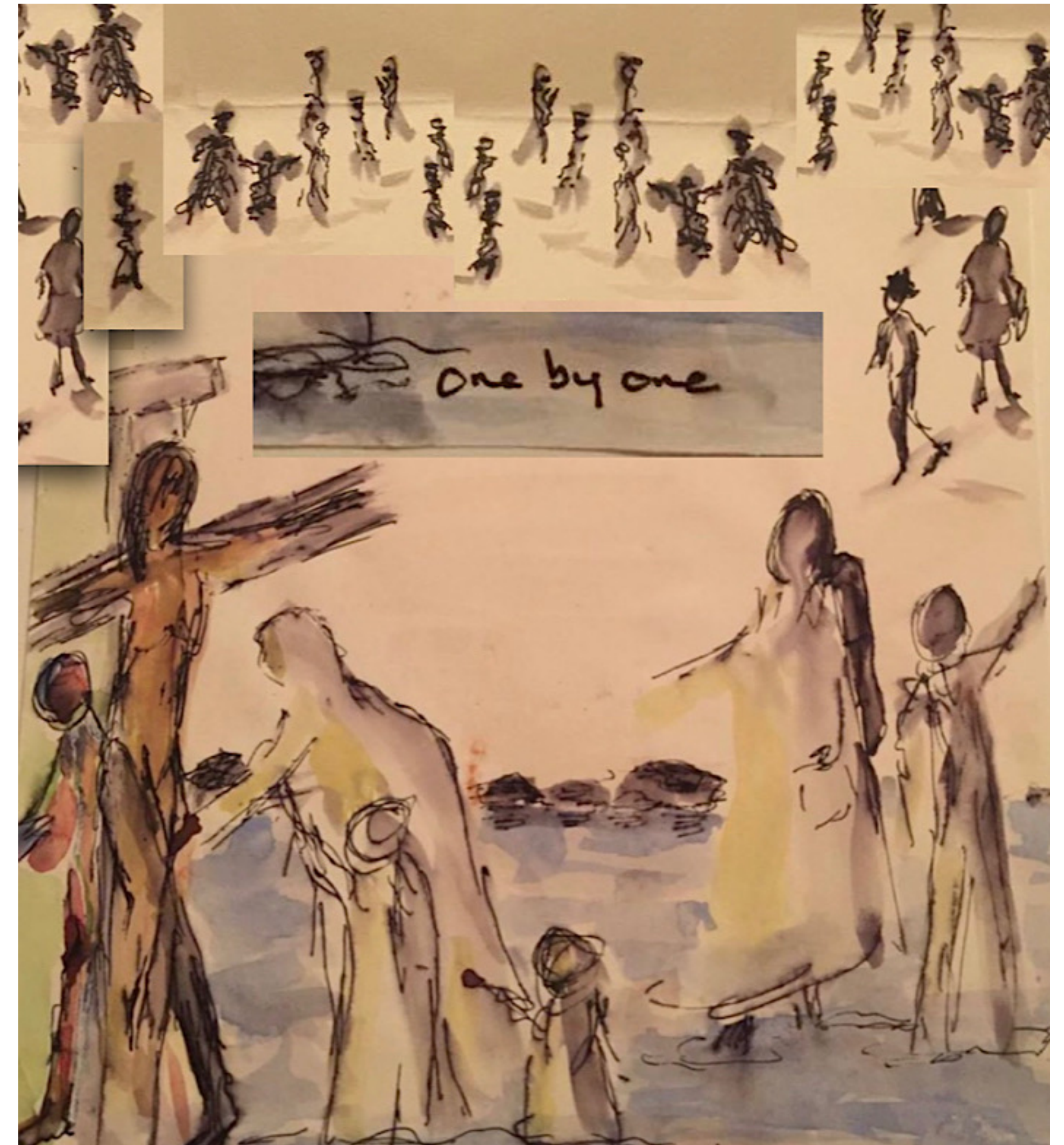
Making a prayer shawl

We are told in Luke that the woman touched the fringes of Jesus' cloak. She possibly touched the tassels of his prayer shawl (the Tzitzit of his Tallit).

- You might like to knit a prayer shawl for someone else.
 - As you knit, you pray for them and hold them before God.
- You might like to knit a prayer shawl for yourself.
 - Each row you knit becomes a year of your life.
 - As you knit notice where God was present in your life that year.
 - As you continue to knit after you reach the number of rows equivalent to your age, commit your future into God's hands.
 - Ask to grow in greater freedom in him.
 - As you cast off give thanks to God for his love and faithfulness.
- A simple shawl pattern is explained [here](#).



➤ As you knit, might like to listen to this playlist of instrumental music from Hillsong.



Created from Lesley-Anne Craddock's picture *Bring Them Home*.
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Journey with Jesus

A series of prayer stations
based on the gospel of Mark.



Thanks to Lesley-Anne Craddock for the picture Bring Them Home
Thanks to Adrian Chatfield for the photograph of The Way of Life taken at Ely Cathedral.